



Time with God: Learning from Jesus' Prayer Life!

By Deborah Wassenberg

Introduction:

Jesus made time to pray because He knew He needed God's strength, guidance, and power at all times, whether in the morning, late at night, or in between.

Praise and Worship: By Request!

Ask children to request the songs they'd like to sing during praise and worship. This ties in with the lesson's Memory Verse.

Bible Lesson: Jesus and the Woman with the Issue of Blood

Bible References: Matthew 9:20-22; Mark 5:25-34; Luke 8:43-48; Leviticus 12; Leviticus 15:19-33

Visuals You Will Need:

1. Pictures of Jesus praying alone
2. A miracle of Jesus
3. Jesus praying the Lord's Prayer
4. The woman with the issue of blood
5. Touching the hem of Jesus' garment
6. Disciples shrugging
7. Jesus and the woman

Words:

1. Jesus prayed to His Father a lot!
 - When Jesus' ministry was beginning, He arose early and went to a solitary place to pray. (*Mark 1:35*)
 - After feeding the 5,000, Jesus dismissed the crowds and went up a mountain alone to pray until evening. (*Matthew 14:23*)
 - As Jesus became more and more popular, the Bible tells us He 'often withdrew to lonely places and prayed.' (*Luke 5:16*)
 - Jesus was praying alone before He asked Peter, 'Who do the crowds say I am?' (*Luke 9:18*)
 - In the Garden of Gethsemane, Jesus withdrew from His disciples three times to pray alone. (*Matthew 26:36-44*)

- After teaching and miracles, Jesus went to a mountain to pray after sending the disciples ahead. (*Mark 6:46*)
 - When the crowd wanted to make Jesus king. He withdrew to a mountain by Himself to pray. (*John 6:15*)
 - Just before His arrest, Jesus knelt alone and prayed. (*Luke 22:39-41*)
2. Why did Jesus pray so much?
Because so many people needed Him.
People who needed a miracle of healing.
People who needed a miracle of provision.
People who needed demons cast out.
People who needed to hear Him teach about the Kingdom of God for hours and hours.
 3. What did prayer do for Jesus?
Prayer gave Jesus strength.
Prayer guided His decisions.
Prayer helped Him through the hard times.
Prayer enabled Jesus to have a close relationship with His Father in Heaven.
He prayed for His disciples, and that showed them how much He loved them.
And how important it was for them to spend time praying, too.
 4. Jesus was on His way to pray for Jairus' daughter, who was dying.
As well as being surrounded by His disciples, crowds surrounded Jesus and pressed in on Him wherever He went.
In the crowd that day was a woman with a terrible, chronic bleeding condition.
She'd had it for twelve years.
Normal life was impossible for her!
She had visited countless doctors, enduring painful treatments that promised healing but only deepened her suffering.
Every penny she had was spent chasing a cure, yet her condition worsened.
Cut off from society, she lived in isolation—an outcast, shunned and forgotten.
 5. But she heard all the reports about Jesus.
She said to herself, 'If I only touch the hem of His garment, I will be healed.'
She snuck into the crowd.
She got close to Jesus from behind.
She reached out and touched the hem of His garment.
And immediately her blood condition stopped, and she knew she was healed!
 6. Straight away, Jesus knew that power had gone out from Him.
He turned around in the crowd and said, 'Who touched my garments?'
His disciples said, "You see the crowd pressing around You, and You want to know who touched You?"
 7. Jesus looked around to find the woman who had touched Him.
Trembling with fear, yet knowing she had been healed, she came and fell at His feet, confessing everything.
Jesus gently said to her, "Daughter, your faith has made you well. Go in peace."

Just then, news arrived—Jairus' daughter had died.
But Jesus continued on His way, undeterred, to raise her from the dead.
Good thing He'd already spent time with God!
Jesus didn't just teach about prayer – He lived it.
If Jesus needed time with His Father, so do we.
Prayer is how we grow strong in our faith and close to God.

Ministry to the Children:

Jesus told His disciples to 'watch and pray'. It was when He was going through a terrible time. He was praying in the Garden of Gethsemane, wrestling with the fact that He was about to be Crucified.

The word 'watch' means more than just looking. It means being alert, like a guard on night duty. It's a lot harder to see danger when it is dark. A guard on night duty must use all his senses to detect danger and be ready for any surprise attack from the enemy! Jesus wanted His disciples to 'watch and pray' with Him so He would endure the dark time and not be tempted to turn away from what He came to do.
(*Matthew 26:39*)

Jesus warned His disciples to 'watch and pray' for themselves. He knew they would one day be persecuted for preaching about Him. He wanted them to be able to endure the dark times and not be tempted to give up. (*Luke 21:34-36*)

If we 'watch and pray' like Jesus did, we will be on guard against Satan's attacks and we will not enter into temptation.

Prayer will help us just as it helped Jesus. The time we spend praying to our Father God will bring us closer and closer to Him. He will give us strength, guide us to make the right decisions, and help us when life is hard.

It's because of Jesus that we can come close to God in prayer. Sin separated us from God. But Jesus took away the sin that kept us apart. The sin of the whole world was put on Jesus when He died on the Cross. God raised Him from the dead, and now Jesus is in Heaven and He is praying for you! (*Romans 8:34; Hebrews 7:25*) Ask Jesus to remove your sin so you can draw near to God. Ask Jesus to forgive you. Receive Him into your heart and pray to Him for everything you need. He is listening!

Memory Verse: Philippians 4:6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Action Rhyme

Do not = shake head from side to side

Be anxious = knock knees and put fingers to mouth in fear

About anything = make a 'not out' movement with both arms

But in every situation = stretch both arms up above the head at 12 o'clock and swing them around the clock and back up to 12 o'clock again

By prayer = clasp hands in prayer

And petition = drop to one knee

With thanksgiving = jump up and raise arms to God

Present your requests to God = offer up requests to God like they are on a platter

Philippians = lick your finger and pretend to be looking through the pages of a Bible

4:6 = hold up four fingers, then hold up six
Repeat aloud together!

Game: On the Clock!

You will need:

- A foam ball (or something soft)

How to play:

1. Create two 2 teams.
2. One child is given the foam ball, their team then forms a circle around them, and that child throws the ball.
3. After he/she has thrown the ball, he/she runs around the circle. Every time the child makes it around the circle, that team scores a run.
4. Meanwhile, the other team is chasing the ball.
5. Once a child picks up the ball, everyone forms a line behind that child.
6. They pass the object between their legs until it reaches the last child on their team.
7. Then it is passed overhead back to the child who found the ball.
8. When the first child gets the ball back, the team yells out, and the other team stops counting runs.
9. The first child in line who retrieved the ball now has a circle formed around him or her, and they throw the ball, and the process starts over!
10. Play three rounds or as many as you like.

Craft: Prayer Journal

You Will Need:

- A journal per child (a cheap exercise book)
- Labels (1 per child) ' _____ ' Prayer Journal' for the child to fill in their name
- Felt pens
- Decorative collage items (stickers, sequins, etc.)
- Glue

What to Do:

- Children add their name, colour and decorate their Prayer Journal label
- Each child glues it to the cover of their Prayer Journal

Activity: 'Time to Pray' Stations!

Use volunteers to scribe for children who cannot write their own prayers in their journal. Alternatively, prewrite simple prayers for children to glue in.

You Will Need:

Prayer Journals

Pens

Stopwatch

4–6 Prayer Stations (tables or spots on the floor) with simple prompts:

Praise Station – 'Write one thing you love about God.'

Thankfulness Station – 'Thank God for something today.'

Help Station – 'Ask God to help someone.'

Forgiveness Station – 'Ask God to forgive something.'

Listening Station – 'Be silent and listen for 10 seconds.'

Joy Station – 'Tell God something that makes you smile.'

What to do:

Use a **stopwatch or timer** set to 30 seconds per station.

Children run to any prayer station, read the prompt, and then write a prayer in their new prayer journal.